



Physical & Spiritual Healing



*"That thy way may be known upon earth, thy saving health among all nations."
Psalms 67:2*

For many different reasons, it is hard for many of us to improve our health. Instead of buying expensive gimmicks or "miracle drugs", invest your free time into daily physical activity. Being active at least 30 minutes a day can help to reduce stress, body aches, and depression. Daily physical activity can help to cleanse the mind and body and revive the spirit. A good way to start a physical activity program would be to create a log. Writing down your goals and accomplishments helps to motivate you to become a role model and convince others that physical activity is good for the body, inside and out. A healthy Christian is a resourceful Christian and can help to better serve their church and community.

If you have questions about the Health-e-AME Physical-e-Fit program, please contact _____ at _____.



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